

POSTPARTUM DISCHARGE INSTRUCTIONS

Activity	<ol style="list-style-type: none"> For the first two weeks, gradually increase activities to a normal level. You may ride in a car, walk, use stairs and bathe/shower as usual. You may drive when you feel up to it. If you had a cesarean section, wait at least 2 weeks before driving. Do not drive if taking narcotics for pain relief. You do not have lifting restrictions unless you have had a cesarean section or have received specific instructions from your midwife. For c-sections, no lifting more than 15 lb for two weeks.
Diet	<ol style="list-style-type: none"> Eat normally unless a special diet is prescribed. Make sure that you are taking in adequate iron and protein to rebuild your reserve. Continue your prenatal vitamins and iron until your postpartum exam or for as long as you are breastfeeding. Avoid constipation: <ol style="list-style-type: none"> If you need a laxative, Milk of Magnesia, Metamucil or Colace are each available without a prescription. Miralax taken daily may help as well.
Bleeding	<ol style="list-style-type: none"> Will overall decrease over a six week period. May start and stop unpredictably in the postpartum period (up to six weeks). You may notice a day of heavier bleeding 7-10 days postpartum; this is normal. A sudden increase in bleeding along with activity may indicate a need to decrease activity level. If you have bleeding that is soaking more than a pad per hour, clots larger than a lemon, or persists beyond 6 weeks, please call your doctor.
Episiotomy	<ol style="list-style-type: none"> Cleanse the perineum and anal areas after each bowel movement or pad change with the peribottle provided by the hospital. Do not use Always brand pads. They are too irritating to tender perineal tissues. Warm baths in your tub will help with discomfort. You may take a warm bath for 20 minutes several times per day or as necessary. You will receive a packet of postpartum herbs from your midwife that can be used in the bath. You may expect a heavy vaginal discharge for the next 3-6 weeks. This may vary from red to pink to yellow.
Intercourse	<ol style="list-style-type: none"> Intercourse may be resumed whenever comfortable after 4 weeks. Avoid other vaginal insertions, including douches and tampons until after your post partum exam.
Contraception	<ol style="list-style-type: none"> Pregnancy can occur as early as 2 weeks postpartum, even if you are breastfeeding. No sexual activity is advised for at least 4 weeks. Use condoms consistently until your post partum visit when we will discuss options with you.
Pain Control	<p>You may use:</p> <ol style="list-style-type: none"> Tylenol [acetaminophen] - no more than 500 mg every 6 hours Ibuprofen - 600 mg every 6 hours as needed Other prescribed pain medications as appropriate
Breast Engorgement	<p>Your breasts may become full and uncomfortable if you are not breastfeeding.</p> <ul style="list-style-type: none"> Do not express the milk and avoid any stimulation Wear a tight, well-supporting bra even while sleeping Apply ice packs when needed and take acetaminophen or ibuprofen for pain Signs of mastitis include: fever with muscle pain, headache, and one sided breast pain with tenderness to the touch, skin redness, or abnormal nipple discharge.
Notify Doctor	<p>If you have:</p> <ul style="list-style-type: none"> Fever over 100.5 degrees Persistent or increased pain that is not controlled with pain medications Persistent or increased bright red bleeding Breast pain or tenderness, especially one-sided and/or accompanied by fever.
Schedule Post Partum Exam	<p>Call our office to schedule your 6-week postpartum examination, or sooner if indicated by your midwife. 608.441.1730</p>



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